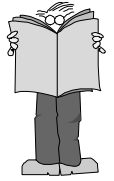




# SELF CARE

## Idea List for JULY



- ☐ Look up allergies in your Self Care book.

**Tips:** \* Change or clean car and home air conditioning filters.

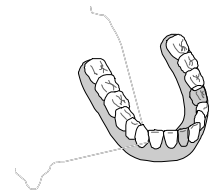
\* Get rid of furniture, pillows, or blankets that are made with feathers and animal hair.

\* Use a dusk mask when outside or cutting the grass.

\* Shower and shampoo often to get rid of pollen and dust.

\* Keep pets outside.

- ☐ Floss your teeth daily. Flossing prevents gum disease.



- ☐ Try a new fresh fruit and vegetable that you have never tried before.



- ☐ Use fresh herbs and spices to season your food instead of salt.

- ☐ Relax your stress away. Read the handout 10 Great Ways to De-Stress.

- ☐ Be sure to apply sunscreen when you or a family member goes outside.